



# COMMUNITY NOTES

## DIRECTOR'S MESSAGE



Dr. Robin Joy Berenson

Good mental health is essential for children's school readiness and the ability to achieve academic and social milestones. When problems arise, timely access to counseling is very important to help students regain emotional health and well being.

Since 1991, CIP's Schools Project has provided one-on-one counseling for students in Marin public schools, helping them overcome problems and develop resilience and healthy coping strategies. Our Wisdom Warriors Groups work with students on the development of interpersonal and emotional regulation skills.

But school is only part of students' lives. Many of the problems students experience originate from difficult home environments where conflict, crisis, poverty and other stressors affect the emotional health of all family members. Ideally, support at school and in the home can be available.

This summer, I worked with school administrators at Coleman Elementary and Davidson Middle schools to create our School-based Resiliency Education and Family Support, an innovative program that stresses protective factors to prevent problems and overcome risk factors. Its three-part design includes a resiliency classroom curriculum, in-depth assessment and whole-family involvement. We are very excited about this program and the possibilities it offers for underserved children and families. Please read more about it in this newsletter.

Right now this is a pilot program with limited funding. We hope to expand its operation into more schools in 2015-2016, as more funding is secured.

January 1, 2015

Dear Friends:

When difficult questions arise, Marin families and individuals in need turn to CIP for answers.

- *It seems my husband and I never stop arguing. Why can't we talk to each other anymore?*
- *Suddenly my 10-year-old is acting out and misbehaving. What's going on with him?*
- *How can I get through to my teenage daughter? Her grades are dropping and she's never home.*
- *Some days I can't get out of bed, can't bear to talk to anyone. What's wrong with me?*

For 38 years, CIP has provided the quality, affordable services, referrals and information families, children and adults need to answer difficult questions. Each year, we serve more than 500 clients at our clinical offices, and reach out into the community to hundreds more through our collaborative partners to deliver services where people need them most.

- In public schools, we work with children and youth struggling with overwhelming emotional pain, helping them succeed in school and regain well-being.
- At Canal Alliance, we provide the support Latino youth need to realize their goals of high school graduation and college.
- At Helen Vine Detox Center, we help individuals find their way forward during the early days of their recovery.

In all, CIP provides more than 7,500 hours of pro bono and low-cost services each year to those in need. No other Marin agency works as cost-efficiently or more effectively to provide access to safety-net services as CIP. But we can't do it alone. We need your support.

The start of the new year is often a time our clients are especially challenged and need our services even more. With individuals, children, and their families at greater risk during these winter months, your generous donation can help assure that when difficult questions arise, CIP is here with answers.

With sincere thanks for your support,

Lynn Lent  
President

# CELEBRATING GRADUATES, FOUNDERS, AND COMMUNITY

Each September, CIP holds our Celebrate Community, a very special event hosted by the Board of Directors, welcoming new and continuing intern-therapists, clinical staff, supervisors and trainers at the outset of the training year.



From left, Alan Boyar, PhD, Marianne Stefancic, LMFT, Margo King, and Robin Berenson, PhD, LMFT. Marianne and Margo were two of the original founders of CIP.

The highlight of the 2014 event was the graduation ceremony honoring the achievements of the intern-therapists whose internships concluded in August: Alison Campbell, MA, JoAnne MacTaggart, MA, Michael Newmark, MA, Cameron Osborne, MA, and Cary Ann Rosko, MA. We wish them much success in their careers.

The gathering was enlivened by two performances, a song by Samantha Russell and a poem by JoAnne MacTaggart.

We were especially pleased and honored to welcome Margo King, one of CIP's original founders. "It was truly a very special occasion to have Margo with us," said Dr. Robin Berenson, CIP Executive and Clinical Director. "I was very touched and proud to hear her say how very impressed she was with how much CIP has grown since 1977, and especially how true to our original mission we still are."

## PROFESSIONAL DEVELOPMENT SERIES 2015

For full information visit [www.cipmarin.org](http://www.cipmarin.org)

### Seminar for Professionals

EVIDENCE-BASED PSYCHOTHERAPY FOR MOOD DISORDERS

Robert Reiser, PhD

Saturday, March 21, 2015, 9 am - 4 pm

### Study Group and Classes

CLINICAL SUPERVISION OF DIFFICULT CASES: PERSONALITY DISORDERS AND COUNTERTRANSFERENCE

Diane Suffridge, PhD

Saturday, February 21, 2015, 9 am - 1 pm

THE OBJECT RELATIONS BATTLES REVISITED: READING *THE KLEIN-WINNICOTT DIALECTIC* FOR INSIGHTS INTO CLINICAL PRACTICE

Fred Rozendal, PhD

Four Fridays: February 13, March 13, April 17, and May 8, 2015, 10 am - 12 noon

MULTIPLE DIMENSIONS IN A CHILD CASE: FROM BIRTH TRAUMA TO RECOVERY

Tessa Marie Capitolo, LMFT

Saturday, March 7, 2015, 9 am - 1 pm

## CLINICAL STAFF

EXECUTIVE & CLINICAL DIRECTOR  
Robin Joy Berenson, PhD, LMFT

ASSISTANT CLINICAL DIRECTORS  
Christine Donohue, LMFT  
Mark Edwards, MS, LMFT  
Paula Sitelman, PsyD

DIRECTOR OF PRE-DOCTORAL AND POST-DOCTORAL PROGRAM  
Paula Sitelman, PsyD

COORDINATOR, CIP PROFESSIONAL DEVELOPMENT SERIES  
Mark Edwards, MS, LMFT

COORDINATOR, INTERN TRAINING PROGRAM  
Christine Donohue, LMFT

COORDINATOR, TRAINING FOR SUPERVISORS  
Paula Sitelman, PsyD

DIRECTOR OF THE CBT AND DBT GROUP THERAPY PROGRAM  
Robert Reiser, PhD

DIRECTOR OF COUPLES THERAPY PROGRAM  
Pat Shelton, PhD, LMFT  
Marianne Stefancic, LMFT

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Lori Rifkin, PhD

DIRECTOR OF EATING DISORDERS PROGRAM & EMBODY POWER PROGRAM  
Lois Friedlander, PhD

DIRECTOR OF SCHOOLS PROJECT  
Shira Marin, PhD, LMFT

DIRECTOR OF WISDOM WARRIORS PROGRAM  
Shira Marin, PhD, LMFT

DIRECTOR OF SENIOR ACCESS PROGRAM  
Jen Tripathy, LMFT

DIRECTOR OF SUBSTANCE ABUSE OUTREACH PROGRAMS  
Belinda Ryland, LMFT

SUPERVISION OF PSYCHOLOGICAL TESTING PROGRAM  
Barbara Nova, PhD

(continued on page 5)

CIP is . . .  
*Healing individuals*  
*Helping families*  
*Strengthening our community*

## CLINICAL STAFF (CON'T)

### Clinical Supervisors

Lonnie Barbach, LMFT  
Martin Block, PhD  
Eileen Brown, LMFT  
Jennifer Cari, LMFT  
Laura Foster Collins, LMFT  
Jane Cunningham, LMFT  
Ralph Daniel, PhD  
Cara DeVries, LMFT  
Dannean Farris, LCSW  
Sue Fleckles, PhD  
Ann Gordon, PhD  
Hollie Hannan, PhD, LMFT  
Meghan Harris, PsyD  
Elisabeth Hathaway, PhD  
Raja A. Hornstein, PsyD  
Mark Jensen, PsyD  
Laurie Kaplan, PhD  
Margot H. Kirschner, PsyD  
Yvonne Klitsner, LMFT  
Jennifer Loyer, LMFT  
Shira Marin, PhD, LMFT  
Shana Millstein, PhD  
Robert Nemerovski, PsyD  
Anka Paine, PsyD  
Jonathan Pofsky, LMFT  
Ghazaleh Rafati, PhD  
Diane Ray, LMFT  
Jane Reingold, LMFT  
Eric Reitz, PhD  
Jeana Reynolds, LMFT  
Jennifer Rice, PhD  
Joan Robinson, LCSW  
Carolina Rosales-Wyman, LCSW  
Frederick G. Rozendal, PhD  
Catherine Sancimino, PhD  
Katharina Sandizell, MA, LMFT  
Leah Seidler, LCSW  
Joshua Simmons, PsyD  
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Gregory Smith, LMFT  
Joan Sommer, PhD  
Mary Spilsbury, MA, LMFT  
Steve Sulmeyer, JD, PhD  
Priscilla Taylor, PhD, LMFT  
Maysie Tift, LMFT  
Karen Weinberger, LCSW

### Intern-Therapists

Lorretta J. Abbott, MS, MFTI  
Nalini Calamur  
Catherine Greene  
Lena Grintsaig  
Chris Guthrey, MA  
Ruth Horton, MA  
Kristi Hudson, MA, MFTI  
Robert Johnson  
Aimie Jory-Hile  
Jen Joseph  
Caroline Keystone, MA  
Lucy Klein  
Larissa Laska-Ruebusch, MA  
Arley Lindberg, MSWI  
JoAnne MacTaggart, MA  
Katarzyna "Kasia" Kanska, MA  
Samantha Russell  
Blanca Sanchez  
Brooke Spezzano, MS, MFTI  
Nadia Thalji, MA  
Michelle Zody, MA

# NEW PROGRAM BOOSTS RESILIENCE, STRENGTHENS FAMILIES

At any age, resilience is essential to cope with life's inevitable challenges. It allows us to withstand adversity, grieve our losses, and maintain perspective without becoming overwhelmed. In all our work with clients, we emphasize positive coping strategies and the development of resilience. This is how clients heal and take charge of changing their lives for the better. Resilience can be especially important for children, for whom stressors may be outside their ability to control.

An innovative pilot program, CIP's new School-based Resiliency Education and Family Support (RE-FS) stresses the development of resilience and protective factors to help students and their families thrive. According to Mayo Clinic staff, there is a strong correlation between resilience and mental health: "Resilience can help protect you from various mental health conditions, such as depression and anxiety. Resilience can also help offset factors that increase the risk of mental health conditions, such as being bullied or previous trauma. If you have an existing mental health condition, being resilient can improve your ability to cope."

**The RE-FS program, which was launched in October, has three phases:**

**Resiliency Education:** All first and second

graders at Coleman Elementary School and selected sixth graders at Davidson Middle School receive a weekly skill-building curriculum on resiliency and emotional regulation. Take-home materials, including topics and activities for students to share with their families, are provided on a monthly basis.

**Assessment:** For selected students, CIP intern-therapists conduct assessments using the BASC 2, which incorporates responses from student, parent and teacher. When parents come to take the assessment, intern-therapists talk with them about the family and home environment.

**Family Support:** On the basis of the assessment, intern-therapist and parent(s) together create a Family Action Plan to address risk factors in the home and to empower parents to be the best they can be. An essential piece is the referral for services needed by the family, such as parenting education, medical, legal, financial services, childcare, substance abuse treatment, and so on. Short- and long-term counseling is available at CIP clinical offices.

At intervals of several weeks, CIP intern-therapists follow-up with parents about the Family Action Plan and any additional services that might be needed.

We feel that RE-FS represents a significant move forward in our work with children and their families. Its scope, serving up to 200 students, significantly broadens CIP's positive impact. By delivering resiliency curriculum to entire school classes, we can effect a wider and broader cultural change. The emphasis on resiliency, protective factors, and whole-family involvement will have a positive impact at many levels, from improvements in classroom and school culture, to individual students' well-being, that of their families, and the community at large.

In coordination with our ongoing Schools Project and Wisdom Warriors Groups, RE-FS provides a continuum of care for students and their families through Marin public schools.

For more information about CIP's outreach programs and clinical services, please visit our website at [www.cipmarin.org](http://www.cipmarin.org).

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*RE-FS represents a significant move forward in our work with children and their families.*

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## CONNOLLY GUEST SPEAKER AT COMMUNITY FORUM



(L-R) Board President Lynn Lent, Executive Director Dr. Robin Berenson, and Supervisor-elect Damon Connolly.

The beautiful home of CIP Board President Lynn Lent and husband Ray Lent was the idyllic setting for a late-summer Community Forum, featuring guest speaker Marin County Supervisor-elect **Damon Connolly**. Guests enjoyed a delicious array of hors d'oeuvres and wine on the garden patio.

Mr. Connolly spoke on the complex mental health issues affecting the Marin community, and what will be needed to create healthier environments in our workplaces, schools, and neighborhoods. He was particularly emphatic about the community's need for accessible, affordable services for families, children and adults. Mr. Connolly praised CIP's success in making vital services available to all county residents.

Other speakers included Assistant Clinical Director **Mark Edwards, LMFT, MS**, who spoke about the excellence of CIP's intern training program as well as our ongoing professional development programs for supervisors and clinicians throughout the Bay Area.

In addition to providing an overview of CIP's work in the community, **Dr. Robin Berenson** took questions and comments from guests. CIP holds several Community Forums each year to inform the community about mental health issues affecting the county, and CIP's role in helping to meet the demand for quality, low-cost services.

## *A Heartfelt Thank You to Our Donors*

*We gratefully acknowledge the generous support of our donors and grantors. You make our work in the community possible! Because of you, CIP is here helping families, healing individuals, and strengthening our community. Thank you!*

### *Individual Donors*

#### **Circle of Inspiration (February – October 2014)**

Amy & Seth Barad  
Nancy Bertelsen  
Mark J. Rice  
Lynn Roy  
Cordie & George Traber

#### **Circle of Friends (February – October 2014)**

Helen & Alan Bonapart  
Charlie & Kathi Buada  
Rich Buckley  
Beth Case  
Tessa & Fred Cherniss  
Richard C. Edwards  
David & Carol Fairchild  
Cindy Fenner  
China Garland  
James Green  
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Elizabeth Greenberg  
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Marilyn Weyant  
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### CIP BOARD OF DIRECTORS

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### *Grants (November 2013 – October 2014)*

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### *Business & Community Partnership Program (November 2013 – October 2014)*

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### *Community Cares Sponsors*

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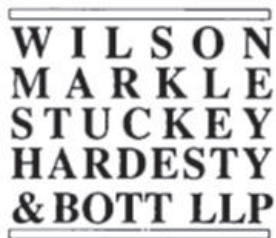
## SPONSORS WANTED FOR CIP's 2015 COMMUNITY CARES! CAMPAIGN

Businesses of every size are signing up to become sponsors of CIP's *2015 Community Cares!* The goal of the campaign is to raise vital funding for CIP's pro bono and low-fee safety-net services, and raise public awareness of these services for Marin families and individuals in greatest need. Timely access to quality care is the key to strong families and productive lives.

*2015 Community Cares!* campaign sponsors receive recognition through a year-long comprehensive publicity campaign, including display of their company's logo and write-up in this newsletter, on CIP's website and monthly online newsletters, as well as press releases, and social media.

For a full list of sponsor benefits and more information about how to become a *2015 Community Cares!* Campaign sponsor, visit [www.cipmarin.org](http://www.cipmarin.org).

### Thank you to our Early Bird *Community Cares!* Sponsors:



Wilson Markle Stuckey Hardesty & Bott, LLP, an AICPA Quality Reviewed Firm, is a unique CPA firm offering a broad range of services to individuals and businesses

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[www.wordsworthofmarin.com](http://www.wordsworthofmarin.com)

Now celebrating their 30th year in business, Wordsworth offers writing, editing, and prepress production services for authors, publishers, and nonprofit organizations, including CIP. With extensive experience in publishing, co-owners Barbara and Laurence Brauer specialize in helping authors realize their dreams of publication, especially poetry, memoir and other nonfiction. Located in San Geronimo, Wordsworth easily collaborates with clients throughout California.

"We've been aware of CIP's work for many years," states Barbara. "Mental health is the foundation of all quality of life, and everyone deserves access to quality, affordable care. We admire CIP's ability to recognize emerging needs and develop programs to meet those needs.

"Wordsworth is proud to sponsor CIP's *2015 Community Cares!* campaign as a way to honor and support CIP's tireless work for Marin families, children and adults."

## I ♥ HEALTHY FAMILIES, HEALTHY MARIN ONLINE AUCTION

(continued from page 6)

Here are just a few of the great items you'll find during CIP's online auction from Friday, February 6 through Sunday, February 28:

- Single-day bicycle rental for 2 (\$148 value) or a classic Napa or Sonoma Valley bike tour for 1 (\$159 value)
- A pair of 2-hour Kayak or Stand-Up Paddleboard Rentals from California Canoe and Kayak (\$80 value)
- Two-night stay at Holiday Inn Express in Mill Valley (\$400 value)
- A pair of tickets to a performance of your choice at the Marin Symphony (\$140 value)
- A Newcomer Package certificate to Dance Art Studios that includes 1 one-hour private lesson, 5 one-hour group classes, and 1 admission to a dance party (\$110 value)
- A 3-hour writing workshop for up to eight participants, including writing prompts, handouts, and discussion on the fine, fun art of freewriting (\$400 value)
- Two adult tickets to Alcatraz, with 2 boarding passes for the Blue and Gold Fleet's fully narrated SF Bay cruise and 10 round-trip tickets on the Golden Gate ferries (\$321 value)
- \$500 gift card towards a custom session and portrait by award-winning Master Photographer David Peters ([www.davidpetersphotography.net](http://www.davidpetersphotography.net))
- A day on the bay sailing on Ron Young's racing sailboat, including lunch and insider knowledge of the America's cup (Priceless)



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**WHO WE ARE**

*Community Institute for Psychotherapy (CIP) is a nonprofit, tax exempt center founded in 1977 to provide high-quality, low-cost counseling and psychological services to individuals and families who don't have the resources to pay full fees for professional help. CIP offers a full range of services designed to meet a variety of needs.*

*We at CIP believe that through psychotherapy, training, education, and prevention, we have a vital role to play in personal and global change. We believe the healing of the individual and the healing of the planet are inseparable.*

*Our work is accomplished in cooperation and coordination with a wide variety of public and private agencies and individuals throughout Marin County.*

Visit us at [www.cipmarin.org](http://www.cipmarin.org)

# I ♥ HEALTHY FAMILIES, HEALTHY MARIN ONLINE AUCTION

Mark your calendars for *fun* in February with CIP's I ♥Healthy Families, Healthy Marin Auction, online from Friday, February 6 to Sunday, February 28. We are assembling dozens of great items for your selection, from excursions to fine wines and dining, specialty gifts and more. Treat yourself, your family, friends or colleagues.

Here's an excellent chance to support CIP and have fun at the same time! All proceeds benefit CIP's low-fee and pro bono mental health services that provide healing and hope to hundreds of children, families and adults each year.

For a sampling of the items coming up for your bid, please turn to page 5.

*Bid to win a lovely day sailing aboard Ron Young's 1937 classic wooden hulled Youngster racing sailboat, including lunch and insider knowledge of the America's cup!*

**Here's how to participate:**

- How to Register is as easy as 1-2-3:**
1. Go to the [biddingforgood.com](http://biddingforgood.com) home page. In the upper left, click "Bidder." Then click "Register." (You can also click on the Register link on a specific auction's website.)
  2. Complete the Registration. You will only have to do this once to bid in any auction.
  3. Click "Submit" at the bottom. Done! You can now bid on any item.



**How to Place a Bid:**

1. Make sure you have registered and are logged in.
2. To place a bid, simply type in the amount in the bid box.
3. Select the Type of Bidding you would like to use. See Types of Bidding for more information on Straight (Exactly this amount) and Proxy (Up to this amount) bids.
4. Click "Place Bid."
5. Confirm Bid. Done!

You will know right away if you are in the lead, or if another bidder's maximum (proxy) bid was still higher than yours.

If you are in the lead, you will receive an email letting you know if you've been outbid so you can bid again!